

Trends of Performance Enhancing Drugs Start in Youth Athletes

Background

Many athletes use Performance Enhancing Drugs (PEDs) to promote peak physicality. In the following sections, PED usage, foundation of this pattern, regulations on exertion, and personal experience, will be explored to place greater emphasis on the tendencies for youth to get over worked and with this, it can lead to the usage of PEDs throughout a professional career in an attempt to raise peak physicality and avoid potential downfalls associated with athletic over exertion.



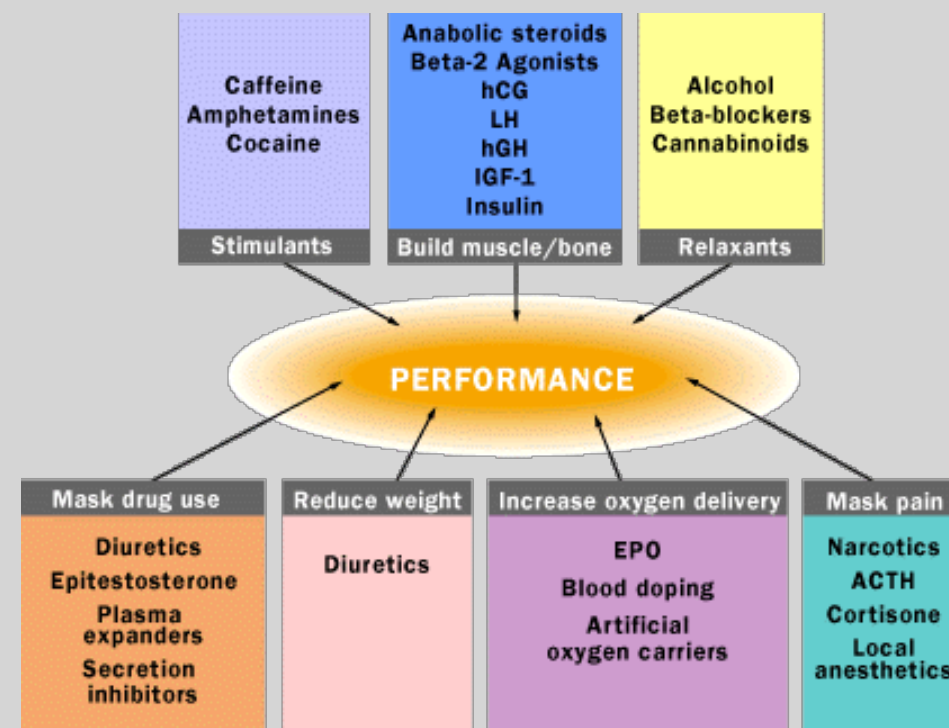
"How to Balance Multiple Kids Playing Multiple Sports." Hire a CoachUp Private Coach, www.coachup.com/nation/articles/how-to-balance-multiple-kids-playing-multiple-sports.

Personal Experience

As a youth athlete, we had a pitch count for every game and I went well over that amount and ended up hurting my arm to the point of needed to quit baseball. I was overwork and overused. To this day, my UCL (Ulnar Collateral Ligament) and rotator cuff cannot with stand strenuous work. Many professional athletes have experienced this same thing and needed a way to continue playing and grow stronger.

Usage of PEDs

- Professional athletes
- Stay the "top dog"
- Decline in health
- Major injury
- Competition and expectations
- Little regulations and testings



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Freudenrich, Craig, and Kevin P. Allen. "How Performance-Enhancing Drugs Work." *HowStuffWorks*, HowStuffWorks, 15 Sept. 2000, entertainment.howstuffworks.com/athletic-drug-test1.htm.

Trends and Regulations

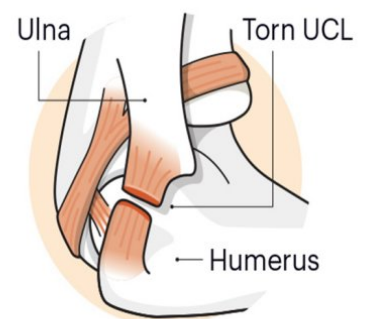
- Varsity high school pitch count limits:
- 0-35 require 0 day rest,
- 36-60 require 1 day rest,
- 61-85 require 2 day rest,
- 86-110 require 3 days rest
- 110 pitches is the maximum you can throw.
- Umpires do not enforce those rules making it very easy to go over and over work your arm

Conclusion

The usage of PEDs, in today's society, is very prevalent. Professional athletes are using this drugs to help them to become the best and continue to stay the best once they get there. The trends start when these athletes are in youth sports. The idea of competition and the expectations put on them from such a young age, drive them to become better no matter the cost. The largest problem with this is over exertion. The rules and regulations in youth sports need to be more specific and much more enforced in order to eliminate this problem.

Tommy John Surgery

The Problem The ligament that connects two arm bones at your elbow gets torn, usually from overuse.



John, Tommy. "Why Tommy John Is Against the Surgery Named for Him." *AAAP*, 1 Sept. 2018, www.aaap.org/health/conditions-treatments/info-2018/tommy-john-opposes-namake-surgery.html.

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